

Linking Health & Learning e-Bulletin

February, 2014

News and General Announcements

Vermont School-Based Tobacco Use Prevention Grant Application

Deadline: May 2, 2014

This grant opportunity provides school districts and supervisory unions funding for Tobacco Use Prevention Education. All LEAs are eligible to apply and funding is available on a formula basis. Awards are dependent upon the timely submission of a grant application that includes a detailed program work plan appropriate for the needs identified by the LEA. Application must be submitted and e-signed in the Grantium system by 4:30 pm, May 2, 2014. Click [here](#) to access the grant application. Contact: Kate O'Neill 802-828-5151 or kathryn.oneill@state.vt.us.

Attention all Educators Renewing Licenses in 2014!

Renewal notifications will be sent out at the beginning of February. Due to the impending move of the Agency to Barre, all educators will be receiving *paper* renewals to begin the process of completing their renewal application. An additional announcement will be made soon updating educators and stakeholders on the release of *The Vermont Online Licensing System for Educators*. Click [here](#) to read the memo. Contact: Educator Licensing Office at 802-828-2445 or aoe.licensinginfo@state.vt.us.

Update from Health Education Resource Center (HERC)

If you would like resources between March 3-19, please request them early. We will be moving our office to Barre on March 15th, so resources will be packed during the week of March 3rd in anticipation of the move. Contact Donna McAllister at 802-828-1636 or donna.mcallister@state.vt.us.

Education, Join Conversation Video about Physical Education

An engaging, rigorous physical education (PE) program is a key component of whole child development and contributes to high academic achievement in our public schools. The VT Agency of Education, with guests Carol Baitz and JoJo Valente talk about how PE is evolving to account for research and health trends. These exemplary physical educators describe their teaching and assessment practices and explain how a modern physical education program is designed to prepare students for a lifetime of healthful physical activity. We close our segment with suggestions for how parents, board members and administrators can ensure the highest quality PE in their school. To view the video, click [here](#).

Youth Need 60 Minutes of Physical Activity Each Day

Did you know that less than half of youth get the recommended 60 minutes of daily vigorous to moderate-level physical activity? A new interactive infographic from the Institute of Medicine (IOM) shows how students can meet those requirements, based on recommendations from the 2013 IOM report *Educating the Student Body: Taking Physical Activity and Physical Education to School*. To access the tool, click [here](#).

Build a Comprehensive School Physical Activity Program (CSPAP)

A [CSPAP](#) includes physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement. Schools are the right place for a healthy start because time spent for health is also time spent for learning. Schools can be confident that investing more time on physical education and opportunities for students to stay active does not hurt academic achievement, but can improve attendance, grades, and classroom behavior. The [CSPAP guide](#) helps schools transform into more active environments, where all students have the opportunity to be physically active at different times and places throughout the school day.

Vermont YRBS Data Brief: Parental Communication and Risk Behavior

A growing body of research suggests that parent-adolescent connectedness reduces the likelihood of adolescent participation in risk behaviors. While the Youth Risk Behavior Survey (YRBS) data cannot be used to demonstrate a causal relationship, the associations found in the Vermont YRBS 2011 data support past research indicating that frequent parental engagement in students' lives and strong relationships can impact the degree of substance use and delay the onset of experimentation with these substances. To view the data brief, click [here](#). Contact Shayla Livingston at the Vermont Department of Health Shayla.Livingston@state.vt.us.

Winter Trails Day – Free for Beginners

February 5, 2014

Statewide

This winter, let's celebrate walking to school! The Vermont Safe Routes to School (SRTS) Resource Center invites you to join our Canadian neighbors to the north and participate in Winter Walk Day. Whether you're walking to school or walking at school, this event is a great way to stay fit, beat the winter blahs, enjoy the outdoors, and have fun. The Resource Center will have Winter Walk Day stickers for participating schools. To sign-up, access event resources, or request stickers click [here](#). Contact Abby Mattera at 802-598-8651 or abby@saferoutesvt.org.

Vermont Safe Routes to School Poster Contests

Deadline: February 28 & March 7

The Vermont Safe Routes to School Resource Center is partnering with Saris Cycling Group, a manufacturer of bicycle racks and cycling training products, to launch a

poster contest to get fifth graders to think about the benefits of the bicycle. With spring around the corner, it is a great opportunity to get students thinking about the bicycle as a way of getting places. Interested in getting all grades involved? The Vermont Safe Routes to School Poster Contest accepts poster entries from any student in K-8 who would like to express their love for walking and/or biking. Win a bike, a T-shirt, or even a trip to D.C.! Find out more [here](#).

Promote Safe Teen Driving Video Contest and Sweepstakes

Deadline: March 13, 2014

Toyota Teen Driver, a program created by Discovery Education and Toyota, is excited to announce that the Teen Video Challenge and School Sweeps are open for entries. Check out two ways to win cash *and* help keep teens safe behind the wheel. 1. Encourage high school students to create a 90-second video that promotes safe driving for their chance to win \$15,000 and the opportunity to re-shoot their entry video into a TV-ready PSA. To learn more, click [here](#). 2. Enter the sweepstakes [here](#) once a day on behalf of your school for a chance to win \$5,000 to put towards safe driving awareness, as well as a Virtual Driving Simulator. Ten Runners-Up Schools will also receive cash prizes. Anyone can enter on behalf of a high school, so spread the word! Enter every day through April 15, 2014.

Vermont Jr. Iron Chef: Save the Date and Register

March 22, 2014

Essex Junction, VT

Event changes have been made, so please read the updated rules and guidelines carefully before registering. Please click [here](#) to learn more and sign up. Questions can be directed to info@jrironchefvt.org, or 802-434-4122 x40.

Professional Development Opportunities

Click [here](#) for a calendar of Vermont Agency of Education-sponsored events.

Spring 2014 Driver Education Teacher Preparation Courses

Starting in February the Vermont Higher Education Collaborative is offering several courses for driver education teacher certification. To learn more and register, click [here](#).

Approving Free and Reduced Price School Meal Applications

February 4, 2014

Berlin, VT

February 10, 2014

Middlebury, VT

During this workshop, participants will learn about the basics of application approval, discuss best practices, review deadlines and engage in hands-on practice with a variety of non-typical scenarios. The session will run from 9:00 am - noon. Please RSVP to Nancy Lewis: Nancy.Lewis@state.vt.us.

Developing Developmental Assets in School Communities Workshop**February 12, 2014****South Burlington, VT**

Click [here](#) to learn more and register. Contact Kate O'Neill at kathryn.oneill@state.vt.us.

Culinary Arts Workshops for School Food Service Professionals**February 26 – March 26, 2014****See flier for locations**

Do you want to hone your knife skills? Are you eager to learn how to cook from scratch using fresh, whole foods? Do you wonder how to spice up recipes without turning off kids? These workshops are for you! The School Nutrition Association (SNA) of Vermont is partnering with Vermont Food Education Every Day (VT FEED) and the New England Culinary Institute (NECI) to offer five regional trainings in February and March. Workshops are conveniently located, inexpensive, and qualify for 3 hours of SNA certification credits. To learn more and register, click [here](#). Contact Amy Gifford at amy@nofavt.org or 802-434-4122 x40.

Webinars: USDA Farm to School**February 13 – March 13, 2014****Online**

Two webinars will be offered in February (13th and 27th) and March (13th and 27th) to showcase the variety of ways schools can purchase local foods. Each session will begin at 2:00pm.

To view the schedule and register, click [here](#).

Promoting Personal Health and Safety through the Prevention of Injury and Violence**March 2 – May 24, 2014****Online**

This online course is offered as one of the series of courses by the Vermont Higher Education Collaborative toward health education endorsement. This course is worth two graduate credits through Union Institute and University. For more information and to register, click [here](#).

Webinar: The Neuroscience of Learning**February 5, 2014****Online**

Back by popular demand from the 2012 Vermont Afterschool Conference, this webinar will feature Dr. Kenneth Wesson and his work on the neuroscience of learning. Dr. Wesson is an expert on methods for creating classrooms and learning environments that are "brain-considerate". This interactive and thought-provoking webinar will focus on how afterschool and summer learning programs can best design activities and experiences for children and youth so that learning can be maximized, retained, and engaging. Join us at 11:00 am EST and see what works, what lasts, and why! To register at no cost, click [here](#). Contact Holly Morehouse, Vermont Afterschool, Inc. at hollymorehouse@vermontafterschool.org.

Umatter for Schools**March 11 & 12, 2014****March 18 & 19, 2014****Quechee, VT****Montpelier, VT**

This two-day training is designed so that you can prepare your school community to respond to the mental health needs of students and prevent suicide. Once adults know suicidal warning signs and how to help, they will be ready to teach suicide prevention lessons using the Lifelines curriculum, an evidence based program of four lessons appropriate for Middle and High School students. For more information and to register, click [here](#).

Integrated Service Learning: A Food System Approach**March 11 – May 20, 2014****Montpelier, VT**

Service Learning has the potential to increase student engagement, and therefore achievement, by bringing relevance and rigor to your lessons. Why stop there? The complex nature of most authentic learning experiences provides many opportunities to further enhance student learning through cross-curricular integration. This course will provide teachers and prospective teachers the support and training necessary to create engaging, experiential units in their respective discipline, using the food system as a vehicle for curricular integration. To learn more and register, click [here](#). Contact Tom Sabo at toms@mpsvt.org.

Vermont Safe Routes to School Annual Meeting**March 18, 2014****Randolph, VT**

Hosted by the Vermont Safe Routes to School Resource Center, this 2nd annual meeting is a great opportunity to celebrate inspiring walking and biking programs, share strategies with peers, gain insights from local and state experts, and meet colleagues from around Vermont. Partners, champions, educators, friends, parents, public health professionals, local government representatives, law enforcement and anyone interested in learning more about Safe Routes to Schools are encouraged to attend this free event. For more information and to register, click [here](#). Contact Abby Mattera at 802-598-8651 or abby@saferoutesvt.org.

Vermont Freemasons Comprehensive Assessment and Recovery Effort (C. A.R.E.)**March 25-26, 2014****South Burlington, VT**

This C.A.R.E. training helps schools support, develop and improve upon their Educational Support Team (EST) as part of their Educational Support System (ESS). Teams will build skills in identifying at-risk students for substance abuse, depression, suicide or violence; developing a referral system; and providing support. There is no direct cost to schools as it is funded by the Vermont Freemasons. For information contact Donna McAllister at 802-828-1636 or donna.mcallister@state.vt.us. To register, click [here](#).

Save the Date! Tri-State Child Nutrition Conference

April 10, 2014

Killington, VT

Child Nutrition Programs of Maine, New Hampshire and Vermont are teaming together to present a day long training event with some Child Nutrition Programs experts. The day-long conference will include three sessions of workshops as well as a keynote presentation by Scott Noyes. Workshop sessions will address School Nutrition, Child & Adult Care, FFVP, Summer Food Service Program, USDA Foods and more. For information contact Cheryl Barrows at 802-828-2447 or cheryl.barrows@state.vt.us.

Grant and Funding Opportunities

Lowe's Toolbox for Education Grant

Deadline: February 14, 2014

The Lowe's Foundation is accepting applications for its Toolbox for Education Grant program. The purpose of this funding is to support school improvement projects at K-12 public schools in the United States. Projects that encourage parent involvement and build stronger community spirit are encouraged. To learn more and apply, click [here](#).

Milk & Yogurt Smoothie Grant

Deadline: February 15, 2014

New England Dairy & Food Council is excited to announce an additional *Fuel Up to Play 60* funding opportunity available from the New England Dairy Farmers to support milk & yogurt smoothies. Schools registered for *Fuel Up to Play 60* can apply for up to \$2,000 to fund equipment and other needs associated with starting or expanding a reimbursable milk and yogurt smoothie program. E-mail NEDFC@newenglanddairy.com to request your unique application.

2014 Vermont Recreational Trails Program (RTP) Grant

Deadline: February 28, 2014

Please prepare work plans for projects you want to work on in Fall of 2014 or Spring of 2015. To learn more and apply, click [here](#). For more information, contact Sherry Winnie at 802-760-8450 or Sherry.Winnie@state.vt.us.

Champions for Healthy Kids Grant

Deadline: March 14, 2014

The General Mills Foundation, in collaboration with the American Dietetic Association Foundation and the President's Council on Physical Fitness and Sports, is accepting applications for its Champions for Healthy Kids grant program. The purpose of the program is to support sustainable, effective programs working to improve nutrition and physical fitness behaviors for youth. To learn more and apply, click [here](#).

ING Run for Something Better Grants

Deadline: May 15, 2014

ING U.S. is giving schools nationwide a unique opportunity to help K-8 students discover a passion for running and living a healthy lifestyle through its Run for Something Better School Awards. In partnership with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), ING U.S. will provide a minimum of 60 grants of \$3,500 each in 2014. In addition to the grants, schools can download unique running lesson plans developed by AAHPERD and based on the National Standards for Physical Education to serve as the foundation of the running program or to supplement an existing school program. To learn about the program, including full eligibility requirements and to apply click [here](#).

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